

Contact

reshmagulati@gmail.com

www.linkedin.com/in/
reshmmagulatiicfpcccoach
(LinkedIn)
www.paradigmshiftcoach.com
(Personal)

Top Skills

Resilience coaching
Mindfulness Based Stress Reduction
Organizational Leadership

Languages

Marathi
English
Tulu
Gujarati
Hindi

Certifications

Coach training (ACTP)
Certified Clinical Hypnotherapist
Professional Certified Coach (PCC)
COACHING

Honors-Awards

One of 101 Best Coaches in India
REX Karmaveer Bronze fellowship

Publications

www.reshmagulatiexcellencecoach@w

RESHMMA GULATI, ICF PCC Coach

ICF PCC Women Leadership Advocate | Mindfulness Facilitator |
Leadership Communication Expert | Performance Coach | Corporate
Wellbeing Specialist | Rex Karmaveer Awardee

Mumbai, Maharashtra, India

Email

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Summary

My Profile :

As an ICF-PCC Executive coach specializing in mindfulness-based leadership development, I empower Executives and Leaders to cultivate resilience, enhance emotional intelligence, and drive sustainable performance. With a deep understanding of mindfulness techniques and a proven track record of guiding individuals to thrive amidst complexity, I am dedicated to facilitating transformative growth at the intersection of personal well-being and professional success."

I have coached across 5+ countries including Switzerland, Hongkong, USA, UAE & South Africa.

Key Skills:

Women Leadership -main focus area and niche
Leadership Communication
Executive Coaching
Mindfulness Training
Leadership Development
Emotional Intelligence
Stress Reduction
Performance Optimization
Organizational Wellness

Achievements

*Have been awarded as one of the best 101 coaches in India by
World HRD Forum in 2020

Work Experience:

- * 8+ years in Coaching
- * 2000+ hours of coaching experience, guiding C-suite executives through transformative mindfulness-based programs.
- * Delivered 80+ customized workshops and training sessions, integrating mindfulness practices for improved leadership and organizational culture.
- * 18+ years in Behaviour science and Mindfulness practices
- * Over 20 years of leadership experience in renowned corporations, providing valuable insights into organizational dynamics.

Qualification & Certification:

- Master's in Business Administration (MBA) from reputed B-School.
- Certified Life coach (ICF ACC). Member of ICF Mumbai Chapter.
- NLP Practitioner (certified by Dr Richard Bandler).
- Certified Clinical Hypnotherapist (EKAA)
- EFT Practitioner (Centre of Excellence)
- Psycho-Geometrics® -Tool for the art of communication (ISRA)
- Sound Healing Practitioner (Tibetan Singing Bowl)
- Metaphor Counselor & Therapist
- Mindfulness facilitator

My coaching approach is collaborative and results-driven, centered on your unique goals and challenges. I provide a safe and supportive space for exploration, drawing on mindfulness, cognitive-behavioral techniques, and positive psychology.

Outcomes : Resilient Mindset, Performance Optimization, Leadership Effectiveness, Enhanced Stakeholder Relationships, Optimized Team Performance

Mission:

Empowering leaders to navigate complexities with clarity and purpose through mindfulness.

Cultivating mindfulness skills for unlocking leadership potential and driving lasting success.

"Interested in exploring mindfulness-based coaching for executives? Let's connect to discuss how I can support your leadership journey."

Experience

BetterUp

Care Coach

August 2023 - Present (2 years 11 months)

Paradigm Shift Coaching

Founder, Paradigm Shift Coaching

December 2016 - Present (9 years 7 months)

Maharashtra, India

Growthspace

Leadership Coach

2021 - Present (5 years)

uExcelerate

Executive Coach and Life Coach

November 2022 - Present (3 years 8 months)

WICCI Future of Work National Council

National Head New Initiatives

February 2022 - August 2024 (2 years 7 months)

Patel Roadways (a division of Patel Integrated Logistics Ltd)

Special Assistant To Chief Executive Officer

May 2002 - November 2013 (11 years 7 months)

Working in a Senior leadership role in CEO's office and along with that handling the overall commercial Dept, Organizing Review meetings, leadership development in regional sales team, Trainings, Event management, and developing team to move forward

Konica Minolta Business Solutions India Pvt. Ltd.

Key Account Sales Assistant

September 2001 - June 2002 (10 months)

Mumbai City district, Maharashtra, India

Sales and marketing related activities, monthly review meet ups, follow ups, competition survey and meetings with client for increase in market share

EMCO Meditek Pvt - India

Sales And Marketing Associate

May 1998 - September 2001 (3 years 5 months)

Mumbai City district, Maharashtra, India

Follow-up with Sales Engg regarding enquiries, quotations, etc., Assisting in Performance Appraisals, Basic PR Functions, Follow-up for meeting various dead-lines, Enumeration of required data & information, Assimilation of reports and data to provide timely feedback, Looking after Sales Promotion activities like advertisement, Exhibitions, product launches, etc, Attending Doctors National & International conferences throughout India, Preparing analytical reports of Sales Enggs., Preparing presentations of new product or Sales Schemes, etc., Co-ordination between Distributors for their requirement of information, prompt After Sales Service, General Correspondence & Overall assistance to the Managing Director in the entire administrative operation.

Dunlop India Ltd

Sales Assistant

June 1997 - May 1998 (1 year)

Mumbai, Maharashtra, India

Worked as a Sales Assistant to Branch Manager. Working in the area of Sales Communication, Sales process and client engagement.

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Sales Executive

July 1994 - June 1997 (3 years)

Mumbai City district, Maharashtra, India

Space selling and telemarketing. Sales Orientation training.

Education

Indira Gandhi National Open University

Master of Business Administration - MBA, Business, Management, Marketing, and Related Support Services